



## **Menu #102 Braised Beef**

**3 oz. Braised Beef**

**8 oz. Peas w/ 1 tsp. Margarine**

**1 Whole Wheat Roll w/ 1 tsp. Margarine**

**4 oz. Grapes**

**4 oz. Low Fat Yogurt**

**8oz. 1% Milk**

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

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North Central New Mexico Economic Development District  
Council of Governments  
Non-Metro Area Agency on Aging  
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Nutrient	Requirement	Menu
Calories	700	804
% Carbohydrates from Calories	45-55%	49%
% Protein from Calories	15-25%	25%
% Fat from Calories	25-35%	26%
Saturated Fat	less than 8g	7g
Fiber	5-7g	11g
Vitamin B-12	.8ug	5ug
Vitamin A	300ug RAE	308ug
Vitamin C	30mg	37mg
Iron	2.6mg	8mg
Calcium	400mg	532mg
Sodium	Less Than 1000mg	439mg

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